



2015-2016 Fast Feet 5K & 10K Series of Runs & Fun Walks

Kids are able to participate for FREE. With grant support from the Foundation of YRMC, to encourage youth to get active and be healthy, we are able to offer our annual 5K/10K Runs and Walks for FREE to the first **100** school children in kindergarten through eight grade that register. It's a great way to introduce children to the joy of running at a young age, helping them to develop healthy habits that they will stick with for life.

Note: A child may participate in all of the runs/walks, but can only be registered for one run/walk at a time. Register in advance or on-site as long as space is available.

Upon completion of each run/walk, all Fast Feet participants will receive their official running time (except the Zombie Run, which is not timed) and be recognized during the medal presentation with special tokens earned for completing the 5K Run (3.1 miles) or the 10K Run (6.2 miles). In addition, medallions are awarded to gold, silver, and bronze winners in each separate age group for youth: 9 and under, 10-12, 13-15.

Registration starts: August 25 for City of Yuma residents, and September 2 for all others

Fast Feet 5K & 10K Series of Runs & Fun Walks

Name: _____ DOB: _____ Grade: _____ Male/Female
Address: _____ City/State: _____ Zip Code: _____
Home Phone: _____ E-mail Address: _____

Please check one only: ☐ 5K Run ☐ 10K Run ☐ 5K Fun Walk

Please Check One Only:

- | | |
|---|--|
| <input type="checkbox"/> Zombie 5K Run & Party | October 3, 2015 – Deadline: Thursday, October 1, 2015 by 1:00pm |
| <input type="checkbox"/> Turkey Trot | November 14, 2015 – Deadline: Thursday, November 12, 2015 by 1:00pm |
| <input type="checkbox"/> Reindeer Round-Up | December 12, 2015 – Deadline: Thursday, December 10, 2015 by 1:00pm |
| <input type="checkbox"/> New Year's Resolution | January 10, 2016 – Deadline: Thursday, January 8, 2016 by 1:00pm |
| <input type="checkbox"/> Great Yuma Road Race | February 13, 2016 –Deadline: Thursday, January 30, 2015 by 1:00pm. All participants who register by January 10, 2015 at 8am will receive a t-shirt. Race will begin at 15 th Street and 4 th Avenue and end at Gateway Park)
▪ Shirt Size: S M L XL XXL (please circle size needed) |
| <input type="checkbox"/> March on City Finals: | March 5, 2016 – Deadline: Thursday, March 5, 2016 by 1:00pm |

I, the undersigned hereby release the City of Yuma Parks & Recreation Department; it's instructors, leaders, supervisors, staff & volunteers of any liability that may incur while participating in the 2015/2016 5K/10K Runs & Fun Walks. I further understand that the City of Yuma does not carry accident insurance for this program. The Yuma Parks & Recreation Department reserves the right to photograph facilities, activities and program participants for potential future use. All photos will remain the property of the Yuma Parks & Recreation and may be used for publicity or promotion purposes.

Signature (Must be signed by parent/guardian if under 18)

Cell Phone #

For more information please contact Yuma Parks and Recreation at 928-373-5243